

BREAST CANCER

Encourage women to take action to lower their risk of breast cancer.

October is Breast Cancer Awareness Month.

It is the perfect time to wear a pink ribbon and spread the word about the steps women can take to detect breast cancer.

First, some facts:



Both women and men can get breast cancer, though it is much more common in women.



Other than skin cancer, breast cancer is the most common cancer among women in the U.S.



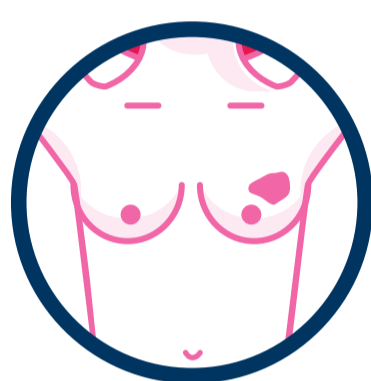
One in eight women will be diagnosed with breast cancer in her lifetime.



Breast cancer is less common in younger women than in older women, but young women are more likely to have hereditary breast cancer.

BREAST CANCER WARNING SIGNS

Different people have different symptoms – while some do not have any signs at all. Some warning signs include the following:



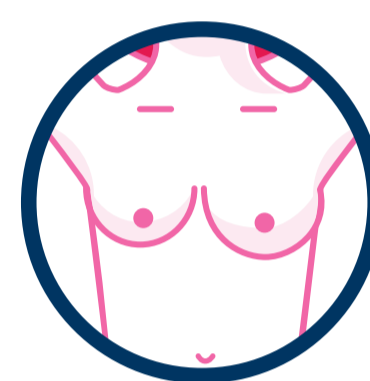
Redness or flaky skin in the nipple area or the breast



Nipple discharge other than breast milk, including blood



New lump in the breast or underarm (armpit)



Any change in the size or the shape of the breast



Thickening or swelling of part of the breast



Irritation or dimpling of breast skin



Pain in any area of the breast



Pulling in of the nipple or pain in the nipple area

Keep in mind that these symptoms can happen with other conditions that are not cancer.

WHAT CAN YOU DO TO REDUCE YOUR RISK OF BREAST CANCER?

Keep a healthy weight.



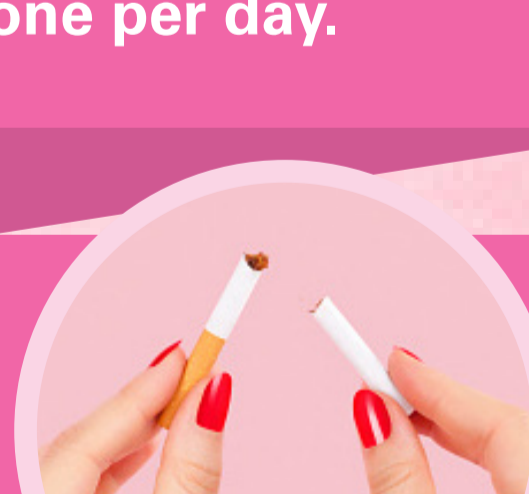
Exercise regularly (at least four hours a week).

Get a good night's sleep. Research shows that lack of nighttime sleep can be a risk factor.



Don't drink alcohol, or limit alcoholic drinks, such as wine, to no more than one per day.

Avoid exposure to chemicals that can cause cancer (carcinogens) and chemicals that interfere with the normal function of the body.



Limit exposure to radiation from medical imaging tests such as X-rays, CT scans and PET scans if not medically necessary.

If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks and if it is right for you.



Breastfeed your children, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk. Talk to your doctor about more ways to lower your risk.



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